



April 2003

VIA LINDA
SENIOR CENTER

Via Linda Senior Sentinel

Dates to Remember

4/1 April Fool's Day

4/6 Daylight Savings
Time Begins

4/7 World Health Day

4/15 Income Tax Day

4/16 Passover Begins
at sundown

4/20 Easter Sunday

Newcomer? If so, join others who are new to Scottsdale, or to the Via Linda Senior Center, for an overview of programs and activities at the Via Linda Senior Center and see how you can plug in! Sign up at the front desk NEWCOMERS meeting Monday, April 21, 1PM. Goodies provided!

There's still time! AARP Taxaide Volunteers are available to prepare federal and state income tax returns at no charge to those who qualify. Tax counselors are available through April 15th. Call to make an appointment: contact the Via Linda Senior Center at (480) 312-5810 or the Civic Center Senior Center at (480) 312-7702.

If opportunity doesn't
knock, build a door.
--Milton Berle

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Check It Out!!

The Via Linda Billiards Room is a busy place where competitors of all levels meet to compare skills and shots. Individuals play on a first come, first serve basis on 4 tables!

Check out the tournament play on Thursday afternoons (2nd, 3rd and 4th weeks) to see some great play. Or just come by any time that the Center is open to test your skills and join in the camaraderie. It's a great way to spend an afternoon and you will be warmly welcomed!

**A careless word may kindle strife. A cruel word may wreck a life.
A timely word may level stress. A loving word may heal and bless.**



Scottsdale Cares
Open your heart for a neighbor

"Scottsdale Cares . . . It's something that makes a direct impact for the people who live right here."

Scottsdale Cares. It's not just a philosophy. It's also the name of a program that provides needed funds to those facing tough times. Scottsdale Cares is the city's voluntary utility bill donation program that allows residents to add \$1 per month to their utility bill to support human services. You can participate simply by paying the **grand total** on your bill and \$1 is automatically donated to the program. If you don't receive a city utility bill or want to donate more, you can send donations of any amount at any time. Donations should be made by check and made out to "Scottsdale Cares" and sent to: Scottsdale Cares, City of Scottsdale, 3939 N. Drinkwater Blvd., Scottsdale, AZ 85251, Attention: Valerie Kime-Trujillo. For more information, call (480) 312-2464.

Location & Hours of Operation

10440 E. Via Linda
Scottsdale, Arizona 85258
Phone: (480) 312-5810
Fax: (480) 312-5815
www.scottsdaleaz.gov/seniors

Hours

Monday – Thursday 8:00 am – 9:00 pm
Friday 8:00 am – 5:00 pm
Saturday 8:00 am – 5:00 pm
Sunday Closed

Your Via Linda Senior Center Staff

Jan Cameron	Human Services Manager
Amy Pendleton	Human Services Coordinator
Philip Hershkowitz	Recreation Coordinator
Dawn Cagan	Human Services Specialist
Jim Saunders	Assistant Recreation Coordinator
Susan Williams	Human Services Representative
Janet Thomas	Human Services Representative
Melissa Forte	Recreation Leader II
Melanie Giuffrida	Human Services Intern
Sharon McWeeny	Recreation Leader II
Bill Moss	Recreation Leader II
Stacy Sevier	Recreation Leader II
Joy Stevens	Recreation Leader II

Game & Card Schedule

Monday

*Billiards: Tournament Play 8am-1pm
*Open Cards: 9:00 am – 4:00 pm
*Open Bridge: 12 pm - 3:30 pm
(No partner necessary for Open Bridge. Call Helga @ 480-451-6066 for info)

Tuesday

*Billiards: Open Play all day
*Open Cards: 9:00 am – 4:00 pm
*Beginners Bridge 9:30 am – 11:30 am
Open Table Tennis: 1:00 pm – 4:00 pm

Wednesday

*Billiards: Open Play all day
*Open Cards: 9:00 am – 4:00 pm
*Open Bridge: 9:50 am - 2:00 pm
(No partner required)
*Open Table Tennis: 6:00 – 8:00 pm

Thursday

*Billiards: Tournament 12-5 pm
*Open Cards: 9:00 am – 4:00 pm
*Duplicate Bridge: 1:00 – 5:00 pm
(requires a partner, sign up to play at 12:30pm.) Lester Mannix, ACBL Director

Friday

*Billiards: Open play all day
*Open Cards: 9:00 am – 4:00 pm
*Open Table Tennis: 1:00 pm – 4:00 pm

Saturday

*Billiards: Open
*Open Cards: 9:00 am – 4:00 pm

Billiards:

Room closed when tournament is in session

Open Cards:

Room is open to group play. Bring your friends!

Scottsdale City Council

Mayor: Mary Manross

Wayne Ecton

Robert Littlefield

Cynthia Lukas

Ned O'Hearn

David Ortega

Tom Silverman

City Manager: Janet Dolan



Human Services Division

The Senior Sentinel is published monthly by the City of Scottsdale Senior Centers.

For more information or to submit articles for consideration, please call (480) 312-5810.

LENDING LIBRARY

Feel free to browse our well-stocked shelves of popular hard cover books, and take a few to read at home –on the honor system. All books have been donated, thanks to our patrons, as well as the magazines (please read these at the center rather than taking home).

The library is beautifully maintained by Charlene (Thanks!) Here are the librarian's picks for the month:

The Emperor of Ocean Park by Stephen L. Carter
Extraordinary fiction, a stirring novel of suspense as well as an astute social observation. Judge Oliver Garland has suddenly died. Many years before he earned a judge's highest prize: a Supreme Court nomination. But in a scene of bitter humiliation televised across the country, his nomination collapsed in scandal. Now his sudden death seems to be leading to a second, even more terrible scandal! A tapestry of ambition, family secrets, murder, integrity tested, and justice gone wrong!

Welcome to the World, Baby Girl! By Fannie Flagg
(Author of Fried Green Tomatoes)

Once again Flagg's humor and colorful characters capture you in a tale about a woman network executive who's future is full of promise, is side-tracked by a present that is rich with mystery and complications. This one you will finish.

Check 'em out!

Books should be returned within about 3 weeks.

Thanks for supporting your VLSC Library!

Wage Peace by Mary Oliver



Wage Peace with your breath,
Breathe in firemen and rubble, breathe out whole
buildings and flocks of red wing blackbirds.
Breathe in terrorists and breathe out
sleeping children and freshly mown fields.
Breathe in confusion and breathe out maple trees.
Breathe in the fallen and breathe out
lifelong friendships intact.
Wage Peace with your listening:
Hearing sirens, pray loud. Remember your tools:
Flower seeds, clothes pins, clean rivers.
Make soup.
Play music, learn the word for thank you in three
languages. Learn to knit, and make a hat.
Think of chaos as dancing raspberries,
imagine grief as the out breath of beauty or the
gesture of fish. Swim for the other side.
Wage Peace.
Never has the world seemed
so fresh and precious.
Have a cup of tea and rejoice.
Act as if armistice has already arrived.
Don't wait another minute.



THANK YOU! THANK YOU! THANK YOU!

Melissa, Jim and Phil want to publicly thank the tutors for their tireless contribution to the youth they assist. *Claire, Connie, Dick, Sheila, Jo, Bill, Lou, Sue, Donald, Sylvia, Veronica, Frank, Gail, Sara, Marcia, Jerry, Lavonne, Pam, Esther, Joan, Frieda, Howard, Janet, and Julie* we thank you!

EXCURSIONS AND DAY TRIPS

Upcoming trips and excursions will be posted the last week of each month. Registration is held for the upcoming month's activities (including the first week of the following month) on the first business day of the month at 7:30 am.

Registration is limited to 2 events — 2 people each event.

Cash payment is required at time of registration.

No Refunds for Concerts/ Theater or Game Tickets.

Doors to the center open at 7:30am — numbers will be given out at that time – with registration following.

If transportation is by city van, 10 participant limit .

Featured Articles and Information

Maricopa County Cooperative Extension Home Horticulture:
Environmentally Responsible Gardening & Landscaping in the Low Desert



Gardening Corner ~ This Month in the Garden

Now is the time to start thinking about your Bermuda lawn. You can begin fertilizing in late April or early May. Be sure to water the lawn good after application of the fertilizer. If you didn't over-seed for the winter, you should have been watering the dormant Bermuda once a month. After fertilizing, you should adjust your timer to water weekly until the summer temperatures arrive. Be sure to water long enough to get the water 8" to 10" deep in the soil (use a screwdriver to check the depth). **Do Not** de-thatch until the grass is healthy enough to recover quickly. Late May or June is the best time.

Frosty winter nipped your herb garden? It is usually safe to prune winter damage from your herb plants anytime after mid-March, perfect now if you haven't already taken care of the chore. Inspect your basil, lemongrass, peppers, Mexican tarragon, and other frost sensitive plants closely, looking for new growth emerging on the lower half of the plant. Use sharp shears to cut back the plant by one third to one half or more, down to a new healthy side shoot.

As the weather warms and days lengthen, adjust



Arthritis Foundation Aquatic Program

Is your Arthritis keeping you from some of the activities you used to enjoy? Water exercise classes can help ease the pain and stiffness caused by arthritis. The class is taught by an instructor certified by the Arthritis Foundation. Swimming skills are not needed. Bring your water shoes and sunscreen! For more information please call Joan LaBine at 480-948-8673.

Where: Cactus Aquatic Center at 7202 E Cactus Road (NE corner of Scottsdale and Cactus)
 When: Monday, Wednesday, Friday 3/3 – 5/30
 Time: 11:00 am - 11:50 am
 Cost: \$2.00 per class (punch passes available)

your irrigation timer to water more frequently. Be sure to run your system long enough to wet the top two feet of soil for shrubs, and three feet for trees. Deep infrequent watering is much better than a daily sprinkle. Tree water use (except for desert types) increases rapidly during this period of leafing out and gradually increasing temperatures.

Continue fertilizing established roses. Liquid fertilizer can be added at two-week intervals. Follow the directions on the container.

Master Gardener Weekly Topics

31 March – 6 April – SPRING PRUNING

7 – 14 April – SPRING LAWN CARE

15 – 22 April – TOUR DESERT GARDEN
 (10 – 11 AM)

23 – 30 April – SPRING CITRUS CARE

Authors & Appetizers Among Friends

Great literature meets great food - after hours in the stacks of Scottsdale's Civic Center Library...

Mix and mingle with some of Arizona's best authors including Jana Bommersbach, Greg Brown, Stella Pope Duarte, Diana Gabaldon, Jon Talton, and Betty Webb, just to name a few...all the while nibbling and noshing on incredible appetizers and desserts from Epicurean Events. A silent auction with truly novel items will leave you longing!

Authors & Appetizers is the kick-off to a capital campaign to help raise funds for the creation of a Teen Center inside the Scottsdale Civic Center Library. This will be a space where high school students can gather with their peers, get help with schoolwork and take advantage of all the opportunities the library has to offer.

Civic Center Library
 3839 N. Drinkwater Blvd.
 Friday, May 2, 6 to 10 PM
 \$60 Per Person RSVP to 480-312-2420

Activities and Programs

April Billiards News...



Billiards tournaments are scheduled each Thursday of the month.

Space is limited so please register by 12:00 noon in the billiard room on the day of play. There will be no acceptance into the tournaments after 1:10 sharp.

March 2003 Tournament Winners

7 Ball: 1—Maurice Holroyd 2— Dick Mark

8 Ball: 1—Tim Nolan 2— Bernie Brodie

9 Ball: 1—Floyd Addison 2—Tim Nolan

Congratulations to ALL competitors!

Tournament of Champions Winners

7 Ball: Ted Kopec

8 Ball: John Rew

9 Ball: Sam Kaufman

New Players Always Welcome!

Good Luck Zippers!

SENIOR COMPUTER USERS GROUP

APRIL SCUGS MEETING

The SCUGS main program on April 15, 2003, will be a presentation by Mr. Larry Allen, Softnet Systems, Inc. For the last few years, practical computer programs that will act on your spoken command, and that will take dictation, have existed. But, few people use them. Mr. Allen will clear up the mystery surrounding these programs. He will tell us how to use them to write e-mail, control your computer, and "talk" directly to your word processor without having to type anything from your keyboard. And, in addition, he will review the key factors for success using speech for computer input, including different microphones, system components and habits. Finally, you will learn how to try speech recognition for (almost) free, and why some people might pay for

such programs.

The meeting will be held in the Via Linda Senior Center, 10440 East Via Linda, Scottsdale, Arizona, starting at 4 PM, Tuesday, April 15, 2003.

Attendance is limited to members of SeniorNet. However, if you would like to become a member of SeniorNet, you may come as a guest and obtain a SeniorNet membership application form. Please telephone Ralph or Beryl Woodbridge at 480-314-1945 to let them know you are coming to the meeting (and how many).

Alternatively, you can send an e-mail to: ralphwood1@uswest.net

It is important that you **do make a reservation** as there is limited seating. By doing so, you will help us plan enough seating for everyone up to the capacity of

Having a Birthday?

Do you have a Birthday in April? Let us know at the front desk, so we can include you in our BIRTHDAY CELEBRATION on Wednesday, April 30 at 10 AM.

This is an event to honor you on your special day, join other birthday honorees for cake, coffee, candles and song.



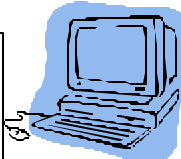
Don't have an April birthday? No Problem! Each month the Via Linda Sr. Center will celebrate with those whose birthdays fall in that month. Keep us posted!

Food for Thought!

Join us for coffee and goodies on Thursday, April 10, at 10:00AM and hear a presentation on:

Senior Summer School offers 2-week educational vacations in various cities around the country in the months of July and August. Each program gleans educators from the university campus it is adjacent to, as well as showcasing local celebrities to enhance learning through our lecture series. Other highlights to the program include sightseeing trips to immerse you in the community, evening entertainment, local festivals and cultural attractions.

Also, log onto our web page at www.users.qwest.net/~srnet to stay up to date with our programs and other items of interest.



R

ESOURCE PACKETS

Packets of resource materials to assist local seniors are available here. Please ask at the front desk for this no-cost resource.

Topics include:

- ⇒ **In-Home Assistance**
- ⇒ **Caregivers**
- ⇒ **Depression**
- ⇒ **Alzheimers Caregivers**
- ⇒ **Grief Resources**

A

rt All Around Us!

This program is brought to the center courtesy of docents from the Phoenix Art Museum.

11am – noon.

Monday, April 14

Slide show title:

“Early Middle Ages” Art & Architecture

Docent: Mary Barton

Monday, April 28

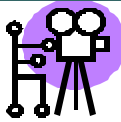
Slide show title:

“The South of France, through the artist’s Eyes”

Docent: Nancy Millman

T

HE CLASSICS ARE BACK!



Cinema Saturdays! Every Saturday at 2 pm. Movies are free of charge. Check out the classics with your friends complete with refreshments. Here’s what’s Playing!

April 5 **Giant**
Rock Hudson, James Dean

April 12 **Brigadoon**
Gene Kelly, Cyd Charisse

April 19 **Double Indemnity**
Fred MacMurray, Barbara Stanwyck

April 26 **A Guy Named Joe**
Spencer Tracy, Van Johnson

Due to poor attendance, Friday movies have been discontinued.

***Even the longest journey
begins with the first step.
—Chinese Proverb***

Learn More about our desert...Cacti

“Succulents”

Friday, April 11, 2003, Via Linda Senior Center,
8:30am to 10:30am

Many fleshy and juicy plants resemble our old familiar friends, the cacti. Unlike the Cactus Family, however, succulents come from diverse parts of the world and represent the most wonderful variety of the plant kingdom.

So, how do you keep them straight? Some of these plants grow in jungles, high in the forest canopy. Others occur in deserts. Some bear fragrant flowers, others smell like rotting flesh. Some attract honey bees while others attract blow flies. Many are just plain weird. Various cultures, ancient as well as modern, have found interesting uses for these plants but many remain a mystery. I hope you will join us for an introduction to these fascinating plants. We will take a "virtual" tour of the world to discover a land of spiny curiosities and show you the local hotspots of succulent plant cultivation - Phoenix Botanical Garden and Boyce Thompson Southwestern Arboretum. Following the presentation, we will offer an optional stroll through the new gardens at the Via Linda Senior Center to see local specimens in action. Additionally, a great selection of library resources will be shared to help you in your ongoing efforts to learn more about our juicy neighbors.

Sign up for this FREE event at the front desk.

Support Groups

Anxiety Support Group:

Meets every Thursday from **6:30-8:30pm** Sponsored by the Mental Health Association. If you have any questions please call 480-994-4407.

Alzheimer's Caregivers Support Group:

Meets Wednesday, April 9 & 23; at Via Linda. **Second and Fourth Wednesday from 11:30 am – 1:00 pm** Sponsored by Alzheimer's Association. For more information call (602) 528-0550.

Arthritis Support Group meets the 2nd Monday of each month. **April 14, 1 – 3 pm.**

Multiple Sclerosis Support

Group meets Tuesday, April 8 from 5 – 7 pm. Facilitated by Al Kirkland

Caregivers Support Groups

Meets April 7 and every First Monday of each month 1:30-3:30 pm Sponsored by Center D.O.A.R. For more information call (602) 274-5022.

Arizona Essential Tremor State Conference April 26, 2003. Call Christine at 480-946-8774.

Discussion Groups

Men's Discussion Group **Wednesdays, April 9 & 23**

2nd and 4th Wednesday, 1pm. This group is held at the Via Linda Center — and for men only.

This is an informal group led by two of your peers.

Interested? Join Us!

Fibromyalgia Support Group:
Meets - Fourth Tuesday from 6:30 pm – 8:30 pm April 22. Sponsored by the Fibromyalgia Association of Scottsdale. For more information call (602) 992-5915

Grief Support Groups

Moving Thru is for men and women who have lost a spouse within the last year and are needing support and encouragement. Please contact the Via Linda Senior Center at (480) 312-5810.

Moving On is open to men & women who have lost a spouse, have participated in a grief program, & who are ready to expand their outlook for the future. Contact Barbara Morgen Simon at 480-614-1344 or the Via Linda Senior Center at (480) 312-5810 if interested.

A Recent Loss? Please come to our new group meeting **every Wednesday at 10:00 am.** No registration or sign up is required. For more information call Dawn Cagan at 480-312-8465.

New Pulmonary Fibrosis Support Group A support group is now available at the Via Linda Senior Center for people whose lives have been affected by Pulmonary Fibrosis. The group will meet the 2nd Saturday of each month from 10:30 a.m. to Noon – April 14. Questions? contact Dawn at 480-312-8465.

Via Linda Book Discussion Group
Thursday, April 17 10:30 am
"The Sun also Rises" by Ernest Hemingway. All books selected are available in paperback and at the Public library.

Remember When

Dates for April: Fridays, April 4 & 18 at 11 am A reminiscing group open to all. Please come to share your memories and stories with others. For more info. Contact Dawn @ 480-312-8465

Low Vision Support Group 3rd Thursday of each month @ 1pm Will Resume in Oct. For more information call (480) 312-5810. *Family & Friends are welcome!*

Stroke Support Group at Via Linda meets weekly for those who are aphasic. The group is facilitated by a speech therapist. To register please call Dawn at 480/312-8465.

Divorced or Separated?

Have you been through a recent divorce or separation? This new group has been designed for those facing the many challenges of divorce or separation. There is no charge for the group, however registration is required. Come and receive support and encouragement from others who are experiencing similar circumstances. Please contact Dawn Cagan at 480-312-8465 to register today.

Men's Transition Group 2nd & 4th **Wednesdays, April 9 & 23 1:00 pm.** Coffee and cookies will be served. For more information please call 480) 312-5810.

The Pinnacle Society
April 2 & 16 1st & 3rd Wednesday, 10 am – 11:30 am. Facilitated by Margo Price. Discussion group based on current events and issues.

Social Services

Benefits Assistance Counselor offers information and help with Medicare & insurance issues. Appointment necessary, Call (480) 312-5810

Depression Screening Offered Daily. *Appointment Required.

"55 Alive" Safe Driving Class Offered Monthly. *Appointment Required. Call 480-312-5810

Cab Connection/Trip Program Taxi voucher & driver reimbursement program for eligible Scottsdale residents. Call 480-312-TRIP (8747) for more info or pick up an application at the front desk.

Emergency Social Services Offered Wednesdays by Vista del Camino. Call (480) 312-2323 for an appointment.

Food Plus Program Food boxes provided monthly. Contact Amy at (480) 312-8451 for more information.

Home Delivered Meals Meals for homebound/disabled residents north of McDonald Drive. Contact the Senior Helpline at (602) 264-HELP (4357) for more information.

Low Vision Resources Clear-view Magnifying Television and Talking Books player in Via Linda's Library. Ask about usage information at the front desk.

Information and Consultation Services

Master Gardener Consultation **Tuesdays 9 am– 1 pm and Thursdays from 9 am – 4 pm.** No appointment required. Phone calls welcomed. 480-312-5810. Offers assistance with plant, landscape and pest control information.

Resource Packets Available @ no charge on In-Home Assistance, Alzheimer's Disease for CAREGIVERS, Depression, Caregiving, Living Wills, Grief and Loss. Inquire at the front desk.

Health Services

Blood Pressure Screenings Tuesday 12– 2 pm, Wednesday 10 – noon (by Roz-Monahan, RN) & Thursday (by Pat Niemi, LPN) from 11—12:30 pm Fridays from 10 — 12 (by Serene Reid, retired LPN) No appointment required, simply sign up at the front desk.

Hearing Tests and Hearing Aid Cleaning/Repair April 11 1:30-3pm & April 24 10 am – 12:00 pm. *Appointment required. Sponsored by Audiology and Hearing Aid Center, Inc. and Avada formerly Beltone

Hearing Technology Demonstrations 2nd Wednesdays, April 9 1 pm – 4 pm (Appointments required) Demos for hearing impaired: telephone equipment, listening devices, low cost hearing aid info. Provided by Arizona Center for the Deaf.

Vision Screenings Free vision screenings at the Via Linda Senior Center available April 14. The screenings will take place the 2nd Monday of each month from 10:00 am to Noon. Basic vision screenings, Glaucoma screenings and Macular Degeneration screenings will be provided. To schedule an appointment please stop by the front desk or call 480-312-5810

***Call (480) 312-5810 to make your appointment!**

IMPORTANT NOTICE: The services and information made available at the City of Scottsdale Senior Centers, whether through a non-profit agency or otherwise, are offered to meet the "expressed need" of patrons of the Senior Centers. The City of Scottsdale does not endorse, recommend, support, nor is it affiliated with any of the particular organizations, businesses or services. Neither the City of Scottsdale, nor the Via Linda Senior Center endorses or recommends the quality or suitability of any particular service for any particular patron. Persons interested in any of the services or information should make their own inquiries and decisions about whether they are suitable, necessary or appropriate for them.

VOLUNTEER OPPORTUNITIES

We Need Your Help . .

. . . In providing the complimentary coffee and baked goods.

Your donation of coffee, cups, napkins, creamer, sugar, artificial sweetener, cream cheese, etc. would be greatly appreciated. Any staff or volunteer at the front desk would gratefully accept your donation.

Volunteers for the Home Delivered Meals Program Needed!

Volunteer drivers are needed to deliver meals to homebound senior adults in north Scottsdale once a week. Schedules are flexible and training will be provided. Contact Diane Wert at (480) 312-5810, for more information.

Knitters Wanted. . .Yarn Donations Greatly Needed! The knitting ladies, led by Harriet Friedman, will meet Wednesday, April 16 at the Via Linda Senior Center **from 1:00 pm – 2:30 pm**. The group knits items for the needy and more knitters are always needed. **Everyone is welcome!**

Volunteer Drivers Needed!

The Red Cross provides convenient and safe, door-to-door transportation services to senior citizens in the Scottsdale area. Transport people to and from medical appointments and grocery shopping. Call (480) 461-1100.

*It's not what happens to you,
but how you react to what happens
that separates the winners from the losers.*

Help someone today! Become a volunteer program for a homebound meals program. The Concord Senior Center, near Scottsdale Road and Roosevelt is looking for volunteer drivers to deliver hot lunches to the homebound. Hours are from 10:30 am – 12:30pm once per week on weekdays. Mileage reimbursement available. **TO VOLUNTEER, CALL SUSAN @ 480-990-1875.**

Scottsdale Healthcare

Hospitals Seeking Volunteers

Would you like to work in a gift shop, provide patient support or assist families and visitors?

Scottsdale Healthcare is seeking volunteers who can donate their time and skills in various areas around the hospital. Share in the joy others give and receive!

Call 480/675-4053 for more information!

VICAP needs volunteers to help homebound seniors living near you! Volunteers are needed to provide friendly visiting, friendly phone calls, grocery shopping, handy service, and help with paperwork/correspondence. For more information please call 602-285-0543.



CREDIT CARD AND IDENTITY THEFT (SOURCE: ARIZONA REPUBLIC)

With credit card scams and identity theft on the rise, here are some things you can do to help prevent them.

- 1 Never leave your purse or wallet unattended.
- 2 Sign your credit and debit cards in permanent ink as soon as you receive them.
- 3 Call your card issuer if a new or reissued card does not arrive when expected.
- 4 Don't carry your social security card, birth certificate or passport with you, unless absolutely necessary.
- 5 Cancel any inactive payment card accounts.
- 6 Never throw receipts into a public trash container. Destroy receipts and old statements.
- 7 Check your statements frequently and carefully. Be sure you are familiar with all account activity. If you find an unauthorized or questionable transaction, call the card company immediately.
- 8 Do not write your credit or debit card account number on a check, or use it for identification when paying by other means.
- 9 If your social security card or driver's license is missing, contact the issuing agency immediately.

Yours Truly,
Sgt. Lou

God Bless Our Troops, God Bless America!

Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it.

The Via Linda Senior Center utilizes regular City vans as transportation for trips and excursions. If you need assistance transferring into a vehicle or you need a wheelchair accessible van, you must request an accommodation at 480-312-5810 within 10 business days.

WE COULDN'T DO IT WITHOUT YOU!
A BIG THANKS FROM THE VIA LINDA SENIOR CENTER!

Thanks to the many generous donors for all the citrus! The oranges, lemons and grapefruit are enjoyed and appreciated by all.

Thanks to all our kitchen/bread volunteers— Jo, Evelyn, Rose, Bill, Shirley, Eileen, Anna Marie, Don, Cynthia— the center could not run without you!

With the increased number of visitors to our center, we **thank you** for your hospitality. **Thank you** for your extra patience with parking. **Thank you** also for giving an "extra hand" with keeping our center at its best.

SENIORNET Computer Learning Center Spring Classes

Senior Net is a nonprofit organization providing adults over the age of 50, education and access to computer technology. Members benefit from a users group, newsletter, tutorial manual and discounts.

**Registration —Get your personal access codes for
Touch Tone Registration by calling (480)312.7957**

Thursday, March 6th: Touch-Tone continues for Scottsdale Residents (480) 312-2025.

Thursday, March 12th: Mail in & drop-off accepted for Scottsdale residents or Non-residents

Fax In: (480) 312-5815

Fees and Charges

SeniorNet Membership	1 Year	2 Year	3 Year
	\$40/person	\$60/person	\$85/person
(Required in order to take these classes. Membership fee is non-refundable.)			
Tuition (per class)	\$45/person	**Intro Part I and Photo Imaging is \$25	

Course Descriptions

****Introduction to Computers Part 1:** Never touched a computer before? Haven't touched a computer in years? Don't know a mouse from a modem? This is a 4 session (8 hour total) class.

Introduction to Computers Part 2 - Basic computer concepts. We use Microsoft Suite 2001, including word processing, spreadsheet, database, introduction to Windows operating system and the Internet. (Intro Part 1 or mouse and keyboard familiarity required.)

Advanced Classes - The following classes will be available to graduates of Introduction to Computers or equivalent experience. Experience must include familiarity with Windows operating systems, computer keyboard and mouse skills, and basic knowledge of how to use the various functions of the PC. Access to a computer at home is desirable.

Word 2000 Word Processing—Text entry, editing, page layout, paragraph and character format.

Internet—Learn E-mail, how to search the Web, downloading and shop, learn about security & virus protection. This course uses Internet Explorer & Outlook Express, **NOT AOL**.

Graphics—create signs, greeting cards, calendars, scrapbooks, albums, newsletters and crafts. Uses Print Artist.

Quicken—Financial management, checks and registers, financial calendar, credit card accounts, investment accounts, loans, budgets and reports

Windows—Basics of the operating system, the desktop, using the control panel and Windows Explorer, starting, adding and removing programs.

****Photo Imaging**— Use the Adobe Photoshop Elements software to learn how to enhance photos, use layers, resize and crop photos, straighten and rearrange and add graphic elements to a photo. This is a 4 session class.

Most classes are 8 sessions — once per week for 8 weeks or twice a week for 4 weeks. Lab computers will be available, on a scheduled basis, to any class student for up to 2 hours practice a week.
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Date	Course	Days/Times	Instructor	Course #
1 Year Member	Single Membership	Expires in 1 Year	NA	30064
2 Year Member	Single Membership	Expires in 2 Years	NA	30065
Apr 9 – Apr 30	**Intro to Computers -Part I	Wed 9-11 am	TBA	30034/FULL
May 1 – May 22	**Intro to Computers -Part I	Th 1-3 pm	TBA	31321
Apr 7 – Jun 2	Intro to Computers -Part II	Mon 9 – 11 am	Ackerman	30035/FULL
Apr 8 – May 27	Intro to Computers -Part II	Tues 1-3 pm	TBA	30036
Apr 10 – May 29	Graphics	Th 9-11 am	Miller	30077/FULL
Apr 4 – May 23	Internet	Fri 1 –3	TBA	30037
Apr 9 – May 28	Word Processing	Wed 1 – 3 pm	Woodbridge	30038
Apr 8 – May 27	Windows	Tues 9-11 am	Chimerine	30080
Apr 7 – June 2	Quicken	Mon 1-3 pm	Fromm	30039
Apr 3 – Apr 24	Photo Imaging	Th 1 – 3 pm	Shore	30975/FULL

VIA LINDA SENIOR CENTER SPRING 2003 CLASSES

Touch-Tone continues for Scottsdale Residents (480) 312-2025 is available until the start of each available class.

Mail in and drop-off accepted for Scottsdale residents and non-residents until start of each available class.

Obtain your Touch Tone or RecLink access codes prior to registering by calling 480-312-7957

Class	Course #	Day	Time	Resident	Non-	Instructor
Acrylics/Oils	FULL/30040	Saturday	10:00 am – 1:00 pm	\$52.00	\$78.00	Murphy
Acrylics/Oils	FULL/30042	Friday	1:00 pm – 4:00 pm	\$52.00	\$78.00	Murphy
+Aerobics	FULL/30043	MWF	7:45 am – 8:45 am	\$56.00	\$84.00	Virginia & Katy
Aerobics	30044	Sat	7:45 am – 8:45 am	\$44.00	\$73.00	Alfraid
+Body Toning	30045	T/TH	7:45 am – 8:45 am	\$52.00	\$78.00	Fleming
*Bonsai Workshop I	30046	Tuesday	1:00 pm – 3:00 pm	\$25.00	\$37.00	Winfield
**Bonsai Workshop II	30047	Tuesday	1:00 pm – 3:00 pm	\$25.00	\$37.00	Winfield
Bridge – Beginning	30049	Wednesday	7:00 pm – 9:00 pm	\$30.00	\$45.00	Boblett
Bridge – Advance	30048	Tuesday	1:30 pm – 3:30 PM	\$30.00	\$45.00	Boblett
Bridge – Intermediate	30050	Monday	7:00 PM – 9:00 PM	\$30.00	\$45.00	Boblett
Creative Writing	FULL / 30076	Tuesday	12:30 pm – 3:30 pm	\$52.00	\$78.00	McGrath
Drawing 1	30051	Wednesday	9:00 am — 12:00 PM	\$67.00	\$101.00	Shapiro
Line Dance – Beginning	30053	Tuesday	9:00 am – 10:00 am	\$31.00	\$46.00	Schwarz
Line Dance – Int.	30052	Tuesday	10:00 am – 11:00 am	\$31.00	\$46.00	Schwarz
Mah Jongg – Beginning	FULL/30055	Friday	11:00 am – 1:00 pm	\$30.00	\$45.00	Rosenberg
Mah Jongg – Intermedi-	30056	Friday	1:00 pm – 3:00 PM	\$30.00	\$45.00	Rosenberg
Oil Painting	FULL/30041	Monday	9:00 am – 12:00 PM	\$52.00	\$78.00	Murphy
Oil Painting – Beginners	FULL/30057	Tuesday	9:00 am – 12:00 pm	\$52.00	\$78.00	Leonelli
Paint Workshop	FULL/30058	Monday	1:00 PM – 4:00 PM	\$52.00	\$78.00	Shapiro
Paint Workshop II	FULL/30059	Tuesday	1:00 PM – 4:00 PM	\$52.00	\$78.00	Shapiro
Paint Workshop III	30060	Thursday	9:00 am — 12:00 PM	\$52.00	\$78.00	Shapiro
Pastel Workshop	FULL/30061	Thursday	1:00 PM — 4:00 PM	\$67.00	\$101.00	Schneider
Photography	30062	Thursday	12:30 PM — 2:30 PM	\$57.00	\$86.00	Gulino
Spanish — Beg.	30066	Thursday	8:00 am – 10:00 am	\$30.00	\$45.00	Henry
Spanish — Int.	30067	Thursday	10 am – 12:00 PM	\$30.00	\$45.00	Henry
Swing Dance – Beg./Int.	31314	Monday	5:00 pm – 6:00 pm	\$40.00	\$60.00	Whyte
Tai Chi (Chih) (Beg.)	30068	Tuesday	11:30 am – 12:30 PM	\$25.00	\$38.00	Williams
Tai Chi (Chih) Int.	30071	Friday	11:30 am – 12:30 PM	\$25.00	\$38.00	Williams
Tai Chi (Chuan) – Beg.	FULL/30069	Wednesday	9:00 am – 10:00 am	\$25.00	\$38.00	Issacson
Tai Chi (Chuan) – Int	30070	Friday	9:00 am – 10:00 am	\$25.00	\$38.00	Issacson
Watercolor	FULL/30072	Wednesday	1:30 PM – 4:30 pm	\$45.00	\$68.00	Lundquist
Watercolor	FULL/30073	Friday	9:00 am – 12:00 pm	\$45.00	\$68.00	Lundquist
Watercolor (Beg)	32205	Wednesday	6:00 pm – 8:30 pm	\$45.00	\$68.00	Keller
+Yoga – Beginning	30074	Thursday	10:30 am – 12:00	\$32.00	\$48.00	Ayers
+Yoga – Intermediate	30075	Thursday	9:00 am – 10:30 am	\$47.00	\$70.00	McDaniel

Classes will begin the week of April 7, 2003 for ten (10) weeks through June 9th unless otherwise noted. **No Classes on Monday, May 26th – Holiday – Facility closed** *Classes are 5 weeks in length beginning week of April 8, 2003;
 **Classes are 5 weeks in length beginning May 13, 2003 +Classes are 12 weeks in length.